

THE NUTRIBASE GUIDE TO

FAT & CHOLESTEROL IN YOUR FOOD

Over 30,000 food products including brand name and generic foods, specialty foods, fast food and restaurant meals. Whether you're concerned about fat & cholesterol intake for health reasons, diet goals, or for meal planning, here is the only reference you will need to make food comparisons and buying decisions.

Nutrition Facts

Serving Size 1/2 cup (114g)
Servings Per Container 4

Total Fat 5g
Saturated fat
Cholesterol 1g
Sodium 300mg

Calories from Fat 30

% Daily Value*

5%
0%
0%
13%
4%
12%

2,000 Calories • Calcium 4% • Iron 4%

Values may be higher depending on your caloric needs:

Nutrient	2,000 Calories	2,500 Calories
Total fat	Less than 80g	80g
Sat Fat	Less than 25g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400mg	2400mg
Total Carbohydrate	305g	305g
Fiber	30g	30g

Calories per gram:
Fat 9 • Carbohydrates 4 • Protein 4

DR. ART ULENE

Nutribase Guide To Fat And Cholesterol In Your Food

Yijin Wang



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